

PRE DUMONT DAY / 5K PASTA DINNER

Carb-Up at the Pre-Race Pasta Dinner

Meet your fellow runners and have some fun.

Space is limited so please reserve your spot early!

Dinner includes Spaghetti, Salad, Bread and Beverage

Date: Friday, September 10, 2010

Time: 6:30 p.m.

Where: Knights of Columbus
61 Armour Place
Dumont, New Jersey 07628

Price: \$10.00

\$5.00 (under 12 years and under)

(price includes tax & gratuities)

Help support Dumont Cares Fund for Dumont Families in need.

Make checks payable to: Dumont Day 5k Run

For more information contact:

Allen Dickon: 201-376-3187 or Harry Stylianou: 201-916-2323

To sign up for the pre-race dinner print the following and send to:
Ellen Zamechansky 77 Randolph Avenue, Dumont, NJ 07628

Attending _____
\$ Enclosed _____
Name _____
Phone # _____
Address _____
E-mail address _____